



Recreational Cheer Classes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11 classes 60 min - \$220 +HST 45 min - \$165 + HST	13 classes 60 min - \$260 +HST 45 min - \$195 + HST	15 classes 60 min - \$300 + HST 45 min - \$225 + HST	15 classes 60 min - \$300 + HST 45 min - \$225 + HST	15 classes 60 min - \$300 + HST 45 min - \$225 + HST	13 classes 60 min - \$260 +HST 45 min - \$195 + HST	12 classes 60 min - \$240 +HST 45 min - \$180 + HST Parent & Tot - \$120 + HST
Parent & Tot 2-3 years							9:00-9:45 am
Kinder Cheer 4-5 years	1:00-2:00 pm			5:00-6:00 pm	5:15-6:15 pm		9:45-10:45 am
Junior Recreational 6-9 years	3:15-4:15 pm	7:30-8:30 pm	5:00-6:00 pm	5:15-6:15 pm	6:15-7:15 pm		10:15-11:15 am
Senior Recreational 10 years +	4:15-5:15 pm		8:00-9:00 pm		7:15-8:15 pm		
Tumbling Classes							
Kinder No experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 4-5				6:00-6:45 pm			10:45-11:30 am
Level 1 No experience necessary. For athletes working on handstands, cartwheels, bridges and other tumbling foundations Ages 5-8		6:30-7:30 pm			5:15-6:15 pm 6:15-7:15 pm	5:30-6:30 pm	11:15 am - 12:15 pm 12:15-1:15 pm
Level 1 Advanced For athletes working on front walkovers, back walkovers and roundoffs. Must have cartwheel, handstand, and bridge mastered to register. Ages 5+	2:00-3:00 pm		6:00-7:00 pm 7:00-8:00 pm			6:30-7:30 pm	
Level 2 For athletes learning the fundamentals of handsprings. Must have back walkover mastered to register. Ages 6+	10:45-11:45 am 1:00-2:00 pm		5:30-6:30 pm	6:15-7:15 pm			
Level 2 Advanced For athletes ready to learn how to connect roundoff handsprings and standing handsprings in sequence. Must have walkovers mastered and a standing back handspring with minimal assistance to register. Ages 6+	11:45 am - 12:45 pm 4:00-5:00 pm	6:30-7:30 pm 7:30-8:30 pm	6:30-7:30 pm				
Level 3 For athletes working on front/back tuck skills. Must have roundoff double handspring and front handspring mastered to register.		4:30-5:30 pm	Level 3+ 4:30-5:30 pm		7:30-8:30 pm		
Level 4+ For athletes ready to learn layouts, twisting and advanced tumbling lines. Must have a roundoff back handspring tuck mastered to register.	3:00-4:00 pm	5:30-6:30 pm	7:30-8:30 pm				
Senior Level 1/2 Combined For athletes ages 9+ working on level 1 and 2 tumbling skills Ages 9+	2:00-3:00 pm 5:15-6:15 pm			7:15-8:15 pm			
Specialty Classes	These classes are designed with our competitive athletes in mind and are not suggested for beginners						
Flexibility and Air Positions For athletes looking to improve their air positions for stunting. Athletes will work on their flexibility and strength to improve all air positions. Ages 6+						5:15-6:00 pm 6:45-7:30 pm	
Stretch and Strength Athletes will work on their strength and flexibility in this class designed to improve their overall fitness for cheerleading. Ages 8+		8:30-9:15 pm				6:00-6:45 pm	
First Day of Classes	Sept 13	Sept 14	Sept 8	Sept 9	Sept 10	Sept 11	Sept 12
Last Day of Classes	Dec 20	Dec 14	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19
No Classes	Oct 11, Nov 15, Nov 29, Dec 13	Oct. 12				Nov 27, Dec 13	Oct 10, Nov 28, Dec 12
Non-competitive athletes must pay an annual registration & insurance fee of \$35 + HST, valid May 1, 2026 - April 30, 2027. Classes can be combined, changed or cancelled due to low enrollment or scheduling. No credits will be given due to illness or poor weather. Please refer to our website for our refund policy.							